

HOW TO TURN ON “DO NOT DISTURB” WHILE DRIVING



BE ALERT
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Distracted driving may seem like one of the most preventable causes of crashes, but it leads to thousands of deaths a year across the U.S. Simple things like eating or drinking while driving, looking at your phone, or having too many people in the car can affect your awareness of the road ahead. Even with the best intentions, you may find yourself forgetting that the simplest actions can result in disaster.

Think about how technology affects your daily activities. Then make an active choice to avoid it during your time behind the wheel—no matter how long the drive. Most phones offer the popular “Do not disturb” feature, which allows you to silence notifications so that you’re less inclined to look. Limit your distractions with a few taps and swipes on your phone, and keep your eyes on the road.

HOW TO TURN ON “DO NOT DISTURB”

- **Find your settings — the original way:** All phones have a setting option that will allow you to turn on “Do not disturb” or silence your phone. With different smartphones available, the steps may vary. But no matter what phone you have, start by going to “Settings.”

- o **iPhone:** Click on “Focus.” Here you’ll find various options to place your phone on “Do not disturb.” You can schedule the feature to turn on automatically at certain times of the day.

- o **Android:** Click on “Sounds and vibration.” Here you’ll find the “Do not disturb” feature, and depending on the version, you may have options to set the duration.

- o **Galaxy:** Search for and select “Do not disturb.” Tap the switch next to the feature to turn it on or off.

- **Find your settings — the easy way:** Most phones allow you to access your control center in seconds by swiping up or down on your home screen. From here, you will spot the “Do not disturb” option among various other features.

- **Symbols:** Whether the “Do not disturb” symbol is a minus sign or a moon, clicking it will allow you to silence your notifications.



- **Duration:** Some phones allow you to choose how long you want to leave the “Do not disturb” feature on. If you’re doing this before a drive, make sure you choose an option that will allow you more time than you need to complete your trip. You don’t want to be in the middle of a drive trying to turn the feature on again.